KLEVER KINKS IN KOOKERY

Compliments of

MISSOURI DAIRY CO.

KANSAS CITY, MO.

KLEVER KINKS IN KOOKERY

Compiled by
ISABEL M. LUTE

Compliments of MISSOURI DAIRY COMPANY - Kansas City, Missouri

COPYRIGHT 1916 BY
ISABEL M. LUTE

Table of Weights and Measures

4 teaspoonfuls of a liquid equal 1 tablespoonful.
4 tablespoonfuls of a liquid equals ½ gill or ¼ cup.
½ cup equals 1 gill.
2 gills equal 1 cup.
2 cups equal 1 pint.
2 pints (4 cups) equal 1 quart.
4 cups of flour equal 1 pound or 1 quart.
2 cups of butter, solid, equal 1 pound.
½ cup of butter, solid, equals ¼ pound, 4 ounces.
2 cups of granulated sugar equal 1 pound.
2½ cups of powdered sugar equal 1 pound.
1 pint of milk or water equals 1 pound.
1 pint of chopped meat equals 1 pound.
10 eggs, shelled, equal 1 pound.
8 eggs with shells equal 1 pound.
2 tablespoonfuls of butter equal 1 ounce.
2 tablespoonfuls of granulated sugar equal 1 ounce.
4 tablespoonfuls of flour equal 1 ounce.
4 tablespoonfuls of coffee equal 1 ounce.
1 tablespoonful of liquid equals ½ ounce.
4 tablespoonfuls of butter equal 2 ounces or ¼ cup.

Always sift flour once before measuring.

All measurements are level unless otherwise stated in recipe.

The basis of a child's diet should be milk—at least a quart a day.

Appetizers

"To mould mankind at will
And shape their acts,
First dine them well and
They will become as wax."

CRAB WITH ASPARAGUS

Fill glasses with crab meat, a few tips of asparagus, chopped fine. Pour mayonnaise over and garnish with tips of asparagus and pieces of pimento. Serve in glasses in bowls of ice.

SARDINE CANAPE

Spread circular pieces of toasted bread with sardines rubbed to a paste with a small quantity of creamed butter and seasoned with Worcestershire sauce, and a few grains of cayenne pepper. Place in center a deviled olive cut in fourths lengthwise.

LOBSTER COCKTAIL

2 tablespoons tomato catsup, 1 tablespoon horse radish, 1 tablespoon chopped olives, 1 tablespoon lemon juice, 1 teaspoon salt, and a few grains of cayenne or a little tabasco. Mix thoroughly and pour over the meat of a 2-lb. lobster, which has been cut in small pieces. Stand 1 hour. Serve cold in cocktail glasses, and just before serving sprinkle with powdered lobster coral. Canned lobster may be used if fresh cannot be procured.

SPRING MAID COCKTAIL

Ingredients must be shredded: ½ artichoke bottom, 2 slices breast of chicken, ½ tail of lobster, 2 sweet pickles, little tunny fish sauce, 2 tablespoons mayonnaise, 1 teaspoon L. & P. sauce, 1 teaspoon chutney. This will serve 4 persons.

SARDINE COCKTAIL

1 small can sardines, broken in small pieces; add ½ cup tomato catsup, 2 teaspoons Worcestershire sauce, ¼ teaspoon tabasco sauce, ¼ cup celery cut in very fine pieces, 6 teaspoons lemon juice, salt, chill thoroughly before serving.

Better milk makes better babies. Better babes make better men and women.

Soup

"Will't please you taste of what is here?"

CREAM OF MUSHROOM SOUP

½ lb. mushrooms, 4 cups white stock or can of chicken bouillon (clear), 1 slice of onion, ¼ cup flour, ¼ cup butter, 1 cup cream, salt, pepper. Chop mushrooms, add to stock with onion, cook ½ hour and rub through sieve, reheat, blend with butter and flour cooked together, add cream and season. May be served with a bit of whipped cream.

DELICATE TOMATO SOUP

1 can tomatoes, 1 qt. water, 1 pint milk, 1 small onion, 1 good tablespoon chopped parsley, 8 whole cloves, tablespoon brown sugar, as much baking soda as can be held on a 10-cent piece, butter size of walnut, little red pepper, if desired. Put tomatoes in kettle with water, add all ingredients but soda, let boil about 20 minutes, strain, add soda when ingredients come to a boil. Add 1½ tablespoons of flour to pint of milk, boil milk and add to above.

CORN SOUP.

1 tablespoon of flour, 2 tablespoons of butter, 1 pint of milk. Cream flour and butter, season to taste can of corn or Kornlet, strained through sieve; add milk and let come to a boil, or use 6 ears of fresh corn.

CREAM OF SPINACH SOUP

Have ready 2 cups of cooked spinach which has been stripped from the stalk, washed and cooked tender in a double boiler with no water except that which adheres to

it from rinsing, then chopped fine and put through a colander. Thicken a quart of milk with a heaping tablespoon of flour, a tablespoon of butter, pepper and salt to taste, cook and stir until it thickens, then put it with the spinach and serve with or without a teaspoon of whipped cream on each portion.

CREAM OF OYSTER PLANT SOUP

Cut off leaves and wash two bunches of oyster plant. Cook in boiling salted water to cover until soft, drain and plunge into cold water to cover, to which has been added one tablespoonful of vinegar. Scrape and rub through a strainer; there should be one and one-fourth cupfuls. Melt four tablespoonfuls of butter, add four tablespoonfuls of flour and stir until well blended; then add oyster plant puree. Pour on gradually while stirring constantly, one cupful of hot water and bring to the boiling point. Scald four cupfuls of milk in double boiler and add to mixture. Season with salt and pepper to taste. Drain, and just before sending to table add one tablespoonful of butter, bit by bit. Serve with croutons.

POTATO AND ONION SOUP

Boil three potatoes until tender, drain, press through a sieve. Chop three onions, cook in boiling water until tender; drain, reserving two cupfuls of the water. Add this onion water and the onions to the potatoes. Add one quart milk, melt one tablespoonful butter, mix with three level tablespoonfuls flour, add to the soup; cook and stir until the whole is smooth and creamy. Season with salt and white pepper, add a little chopped parsley and serve. This is especially good soup for luncheon, or to serve with an otherwise light dinner.

Fish

"Master, I marvel how the fishes live in the sea!
Why, as men do on land; the great ones eat up the little ones."

BAKED HALIBUT

Take 2 steaks, cut equal parts of celery, onion and parsley. Better to cook onion a little first. Take tin bottoms to pan, butter well and then put thick bed of parsley, onion and celery mixed, lay steak on. Butter steak well, salt and pepper and put on layer of onion, parsley and celery very thick, put few drops of lemon juice on top and add water to pan and bake until done (about 40 minutes), basting often. Thicken gravy with flour and serve with tartar sauce.

TARTAR SAUCE

Yolks 2 raw eggs, few drops of oil at a time, stirring all the time until thick, add a little onion, parsley and sour pickle or capers, chopped together, teaspoon lemon juice.

CODFISH SOUFFLE

Cook 1 cup of rice in 1 quart milk (double boiler). While hot, stir in 1 cup of shredded codfish, 1 tablespoon butter, yolks of 2 eggs, salt and pepper to taste. When cold, fold in the stiffly beaten whites of 2 eggs. Bake 20 minutes, serve at once.

SANDABS COOKED IN OILED PAPER

Wash and salt fish, roll in oiled paper and on the top put 2 slices of bacon on each; bake in the oven from 30 to 40 minutes. When done, remove paper and serve with the bacon and chopped parsley.

Fresh, pure milk should be the basis of a child's diet.

CODFISH BALLS.

These are better prepared the day before. Boil half a pound of fish flakes till tender. Boil and mash an equal quantity of potato. Put together with a beaten egg for binder. Add pepper—salt, if necessary—and shape into balls. Fry.

FINNAN HADDIE A LA NEWBERG

Cut up two cupfuls Finnan haddie which has been soaked ½ hour in cold water, skin side down. Drain and cover with hot milk 5 minutes, drain again and remove all skin and bones. Flake the fish in small pieces. Heat one tablespoonful butter in a pan (being careful not to brown it) stir in fish and cook until very hot. Have ready two tablespoonfuls flour melted in one tablespoonful butter, and add 1 cupful of hot sweet cream, stirring as it thickens. Add pepper, salt if necessary, and 1 cupful canned mushrooms. Remove from fire and set in pan of hot water for 10 minutes. Just before serving add the well-beaten yolk of 1 egg. If mixture is too thick add a little milk. Many people consider the addition of a tablespoonful of sherry desirable. Serve on hot toast.

SHAD ROE, CREOLE STYLE

Cook shad roe 15 minutes in boiling salted water to cover, adding to water ½ tablespoonful vinegar and drain a few minutes before any additional cooking, being careful not to break skin, and lay on absorbent cloth to dry. Cook a tablespoonful of chopped bacon, a tablespoonful, each, of chopped green pepper and onion in 2 tablespoonfuls of butter; add 2 tablespoonfuls of flour and cook until brown, then add ½ a cup of beef broth and ¾ of a cup of tomato pulp pressed through a sieve. When boiling turn mixture over the roe in a buttered baking dish. Cover and let cook in the oven 15 or 20 minutes. Serve in the dish.

Milk Better than Alcohol to Relieve Fatigue

(From Cooking Club Magazine.)

The Pasteur institute of Paris has made the declaration that one of the most powerful stimulants known is milk. It has been in use for months now as the one stimulant for the French soldiers in the trenches, and its effect on them has amply justified the statement made by the famous institute in regard to it.

Milk has been used liberally to stimulate the French soldiers before they go into battle and its effects have been such that the French government has urged the sale of milk, in preference to other soft drinks, behind the trenches when the soldiers go off duty for their spells of rest and recreation.

That the qualities of stimulation should be demonstrated on the fighting men should commend the beverage to those engaged in the pursuits of peace in those parts of the world where Mars does not now rule. While alcohol may fire the brain and dull the sensibilities and thus impart a false courage, milk, according to the learned scientists of the Pasteur institute, performs the work of keying up the individual without affecting the keenness of his senses nor the coolness of their judgment. This is necessary to the mode of warfare which this war has exemplified, but it is no less necessary to the man working in the office, in the studio, in the mill, on the farm or elsewhere in the battle for a living.

High courage and clear conception of what they are doing is necessary for the best work in all the arts and professions, as well as in the handicrafts and in trade.

This fluid hitherto has been considered synonymous with all that is mild and peaceful. Advocates of preparedness have referred to "those milk and water pacifists." The "milk of human kindness" has no suggestion of powerful stimulation.

But science has discovered, among its many wonders, that the patient cow has put a punch in milk that necessitates the addition of no product of the still to make itself felt on the human system. It has discovered a new and harmless "bracer."

Give the children more milk, and watch them grow.

Meats

"There's no want of meats, sir;
Portly and viands are prepared,
To please all kinds of appetites."

SAUCE AFFINITIES

Cream sauce with sweetbreads, orange salad with roast chicken, celery sauce with quail, stuffed olives with fish balls, horseradish with boiled beef, horseradish with fried onions and liver, French dressing with sardines, mint sauce with lamb, hard-boiled eggs and parsley with salmon, celery and onion dressing with roast duck, currant jelly with goose, cucumber catsup with corned beef.

ROASTING AND BROILING

Beef (rolled roast, sirloin)—12 minutes to pound, after browning.

Mutton—15 minutes to the pound after browning.

Veal, Lamb—20 minutes to the pound.

Pork—30 minutes to the pound.

Chickens—2½ to 4 pounds—1 to 1½ hours.

Turkey, 10 pounds—3 hours.

Ducks—About 1 hour.

Steak, 1¼ in. thick—10 to 12 minutes.

Chops—15 to 25 minutes.

Small Fish—About 15 minutes.

Thick Fish—20 to 30 minutes.

Chicken, broiled—20 to 30 minutes.

VEAL PIE

3 cups cold boiled or roast veal or chicken, 1 can each peas and mushrooms cut up. Use enough juice to mix well, boil up and thicken a little with flour. Salt to taste. Put in baking pan and cover with a rich biscuit dough. Bake.

STEAK "SMOTHERED IN ONIONS"

Cut medium sized onions into quarters, boil until they begin to be somewhat tender (the length of time depends on the onions) drain in colander and fry in butter, covering the pan for the first 10 minutes. Stir often enough to keep from burning but not enough to prevent browning. When steak is ready, serve on hot platter and cover with onions.

STUFFED HAM

1 eight-pound ham, 2 quarts Brussels sprouts, 1 bunch watercress, ¾ cupful chopped chives, 2 bunches shallots, ¼ teaspoonful pepper, 1 tablespoonful mixed pickle spice, dry bread-crumbs, whole cloves, 1 teaspoonful salt. Parboil the ham for thirty minutes and then drain. Chop together the vegetables as fine as possible and add a little water to make a paste. Season with the salt and pepper. Then with a long sharp knife make incisions through the ham about an inch and a half apart. Stuff each one with the vegetable-mixture, pushing it in with any blunt instrument that will fit the incision. When the ham is stuffed, roll tightly in cheese-cloth, plunge it into boiling water, add the pickle spice, and boil gently till tender, from four to five hours. Let it cool in the ham-liquor, then remove the skin, and dust the fat thickly with the dry crumbs. Stud with the whole cloves and brown in a hot oven. When sliced the ham will present a marbled appearance. Serve hot or cold.

CHICKEN TERRAPIN

1 chicken which weighs 4½ lbs., 4 sweetbreads, or 1 lb. of veal. Boil as for salad and cut into small pieces. 1 can of mushrooms, 4 heaping tablespoonfuls of butter, 5 even tablespoonfuls flour, 1 quart of cream, or rich milk. Stir the butter and flour together until smooth, add to the hot cream and stir until thickened. 1 small grated onion, a little nutmeg, black and red pepper and salt to taste. Pour in the chicken, mushrooms and sweetbreads into the thickened cream. Put into a baking dish, cover with fine bread crumbs or rolled cracker and bits of butter, and bake 20 minutes.

BAKED HAM AND POTATOES

1½ lbs. sliced ham, 3 cups sliced potatoes, 1 cup bread crumbs, ½ cup grated cheese. Salt and pepper, milk to cover. Have the ham sliced an inch thick, fry slightly on both sides, cover with potatoes, add salt and pepper, sprinkle cheese and bread crumbs over top, cover with milk and bake in moderate oven 1½ hours.

TAMALE PIE.

2 lbs. round steak and a little suet cut in pieces, cover with boiling water, cook 1 hour. Season with garlic, 2 small onions, 18 or 20 olives, ¼ pound of raisins, salt and chili powder to suit taste. Cook till meat is very tender. Thicken the gravy with 2 or 3 tablespoons corn meal. Make a crust as follows: 1 quart boiling water, salt, 1 cup butter, stir in corn meal to make stiff batter or mush. Line sides of pan. Pour in stew. Spread mush on top. Bake ¾ of an hour.

SWEETBREAD CUTLETS

Parboil sweetbreads, split and cut in smaller pieces, sprinkle with salt and pepper, dip in flour, beaten egg, and finely sifted crumbs and fry in butter. Arrange attractively on a platter with creamed asparagus tips.

Your baby's friend—pure milk—a quart a day.

STUFFED LAMB OR VEAL HEARTS

Carefully clean and wash six lamb or veal hearts. Stuff with a savory bread stuffing (the same as for fowl), and fasten up the slits with small toothpicks. Dip the hearts in flour and fry in deep fat until they are a rich brown; then drain and set aside. Fry one sliced onion in hot butter, turn into an earthen baking-dish, put up the hearts with a little chopped parsley and a few thin slices of bacon and cover with boiling water. Season to taste with salt and pepper, cover the dish and let cook slowly until the hearts are tender. Baste with the liquor in the pan as it cooks down.

LAMB KIDNEYS

½ dozen kidneys, ½ can of tomatoes, 1 tablespoon of flour and 1 tablespoon of butter. Cut the kidneys in halves and soak them ½ hour in cold water. Drain and cover them with boiling water and parboil until tender, changing the water several times. Drain, dredge with flour and brown slightly in a little butter or olive oil. Season with salt and pepper. Strain the juice from the tomatoes. Cook the butter and flour together and add to the tomatoes. Cook until creamy. Pour well seasoned tomato sauce into a deep platter, arrange the kidneys on the sauce and serve hot.

FRIED BEEF BRAINS

The day before the brains are wanted, put a teaspoonful each of vinegar and salt in a quart of water and, when boiling, drop in the beef brains. Cook for twenty minutes. Drain, blanch in cold water, and remove all membranes. Wash in several waters, and press down in a bowl with a weight. Put in the refrigerator overnight. In the morning slice, dust with flour, and fry in butter in the electric grill.

Clean, wholesome milk should be the basis of every child's diet.

Meat Sauces

BECHAMEL SAUCE

4 tablespoonfuls fat, 4 tablespoonfuls flour, 1 cupful chicken-stock, 1 cupful cream; salt and pepper to taste. Use with chicken timbales, broiled mushrooms, savory rice croquettes, and the like.

DRAWN-BUTTER SAUCE

4 tablespoonfuls butter, 2 tablespoonfuls flour, 1 cupful boiling water, ¼ teaspoonful salt, few grains of pepper. Use with fish or asparagus.

CAPER SAUCE

Make drawn-butter sauce and add ¼ cupful capers with their liquor, or the same quantity of pickled nasturtium seeds. Use with fish or lamb.

BROWN MUSHROOM SAUCE

4 tablespoonfuls fat, 4 tablespoonfuls flour, 1 teaspoonful onion-juice, 2 cupfuls brown soup-stock, 3 drops kitchen-bouquet, ½ cupful sauteed mushrooms. Salt and pepper to taste. Use with steak or reheated beef.

HORSERADISH SAUCE

Add ¼ cupful grated horseradish, 1 teaspoonful powdered sugar, ¼ teaspoonful mustard, and a tablespoonful of vinegar to one cupful of brown sauce. Use with beef, ham, or tongue.

MINT SAUCE

1 bunch fresh mint leaves, 2 tablespoons sugar, 1 tablespoon lemon juice, ½ cup vinegar. Chop leaves, do not grind; add the remainder of the ingredients and allow to stand ½ hour before serving.

FROZEN HORSERADISH SAUCE

1 cupful freshly grated horseradish, ½ teaspoonful salt, 1 tablespoonful mild vinegar, 1 cupful heavy cream. Whip cream till solid, add horseradish, salt, and vinegar, pour into a mold, cover tightly, and bury for an hour and a half in equal parts of salt and ice. Use with hot boiled or baked ham or any boiled fish.

Fresh, pure milk should be the basis of a child's diet.

Vegetables

"A dish that I do love to feed upon."

Vegetables that harmonize with certain meats are as follows:

With Lamb or Mutton—Potatoes, rice, tomatoes, onions, peas, string beans, spinach, asparagus, cucumbers, radishes, lettuce, corn, celery, mint, new cabbage.

With Veal—Rice, potatoes, macaroni, string beans, celery, tomatoes, cress, spinach, mushrooms, asparagus, peppers, tart jelly, grape jelly, olives, new cabbage, onions, peas.

With Beef—Potatoes, sweet potatoes, string beans, egg-plant, spinach, squash, onions, turnips, raw cabbage, tomatoes, greens of all kinds, beets, romaine lettuce, corn, parsnips, carrots, chow-chow, celery, salsify, cucumbers.

With Salt Meats—Cabbage, parsnips, carrots, onions, greens, potatoes, sour pickles, beets.

With Bacon and Ham—Potatoes, brown rice, macaroni, peppers, eggs, greens of all kinds, string beans, baked beans, corn bread, johnnycake.

With Chicken and Turkey—Potatoes, rice (or croquettes), squash, string beans, turnips, celery, cranberry-sauce, egg-plant, salad plants, mushrooms, asparagus, peas.

With Game—Rice, wild fruit jelly, all green salads, tomatoes, cucumbers, radishes, entire wheat bread or rolls, ripe olives, celery, mushrooms.

With Pork and Goose—Onions, apples, cranberry jelly, sour pickles, tomatoes, cabbage, sweet potatoes, potatoes, spinach, cucumbers.

With Fat Fish (salt or fresh)—Greens, salad plants, cucumbers, radishes, string beans, potatoes, brown rice, sour sauces, tomatoes, onions, peppers.

With Lean Fish—Potatoes, croquettes, fried potatoes, tomatoes, broiled bacon, salad plants, asparagus, peas, creamed vegetables.

ONIONS AU GRATIN

12 medium-sized onions, about 1 cupful of American cheese, salt and pepper, soup-stock or hot water, ¼ cupful melted butter. Boil onions till partly tender and then remove the centers with an apple-corer. Fill cavities with the cheese, and place onions in a baking-dish. Dredge them with salt and pepper, sprinkle with the butter, barely cover the bottom of a baking-dish with stock or water,

and bake covered till tender, then uncover and finish about five minutes more. They should not be baked too hard, or the cheese will be indigestible.

SCALLOPED POTATOES

3 cupfuls sliced cooked potatoes, 6 hard-cooked eggs, 1½ cupfuls well-seasoned milk sauce, 6 strips bacon. Butter a baking-dish and put in a layer of potatoes. Cover with a layer of the eggs sliced, then with one of potatoes, and pour over the cream sauce. Spread the bacon over the top, and bake in a hot oven till the bacon is crisp, about twenty minutes.

ARTICHOKE BOTTOMS, POMPADOUR

Wash well and chop very fine 1 pound of fresh mushrooms, rub the mushrooms, place them in a saute pan with ½ pint of cream sauce and 1 gill of cream and allow the mushrooms and the sauce to cook together until well reduced and of good consistency, then bind with 2 raw egg yolks, season to taste and finish with 1 ounce of butter. meantime heat some artichoke bottoms in broth; when ready to dish up, drain them and fill them with the puree of mushrooms. Serve with a little Madeira sauce on the dish.

STUFFED CABBAGE

1 three-pound cabbage, 2 tablespoonfuls butter, 1 onion, 6 eggs, 1 cupful cracker-crumbs, ¾ cupful milk, 1½ teaspoonfuls salt, ¼ teaspoonful pepper. Remove the wilted outer leaves from the cabbage, then break off enough leaves to line a bowl the size of the cabbage. Shred the rest of the head, add enough water to keep it from sticking and 1 tablesponful of butter, and stew it for twenty-five minutes. In the meanwhile scald the milk, pour it on the cracker-crumbs, add the eggs unbeaten, the salt and pepper, and the onion minced and browned in the remaining butter. Combine this paste with the cabbage, mixing well. Lay a large square of cheese-cloth in the bowl, place the cabbage leaves on this, giving them the shape of the cabbage. Fill with the mixture, draw the cloth up tightly, and tie. Plunge into a pot of boiling, salted water and boil for two hours. Serve with brown butter sauce, as the main dish at luncheon or supper.

CORN FRITTERS

Chop 1 can of corn and add the following dry ingredients: 1 cupful flour, 1 level teaspoonful baking powder, 2 level teaspoonfuls salt and a little paprika. Beat the yolks of 2 eggs and add to mixture, then fold in the stiffly-beaten whites of 2 eggs. Cook in a frying-pan in fresh hot lard ½ inch deep, adding from time to time enough lard to keep it that depth.

FRIED POTATO BALLS

Force hot boiled potatoes through ricer. To 1 cupful beat in 1 level tablespoonful butter, salt, celery salt and white pepper to taste. When partly cooled add one-half a beaten egg and a little finely chopped parsley. Shape, roll in flour, fry in deep fat, drain on absorbent paper.

CORN OYSTERS

Grate the corn from 6 ears of corn, mix with it 2 tablespoonfuls of flour, yolks of 3 eggs well beaten, season with salt and pepper. Have equal measures of lard and butter in a frying-pan, and when hot drop in the corn in lumps size of an oyster, and fry brown.

EGGS IN TOMATOES

Select large, ripe, firm tomatoes. Plunge them into boiling water for a moment to remove skins. Cut out hard stem ends, making a hollow sufficiently large to hold a broken egg. Into each hollow drop a fresh egg without breaking yolk. Season with butter, pepper and salt, and bake in a moderate oven until tomatoes are tender and eggs set. Serve on rounds of buttered toast either plain or with cream sauce.

ASPARAGUS HOLLANDAISE

1 bunch asparagus, 2 tablespoonfuls butter, 1½ tablespoonfuls flour, ½ cup milk, ⅛ teaspoonful pepper, few grains Cayenne, 2 egg yolks, ½ cup butter, 1 tablespoonful lemon juice. Prepare asparagus for cooking and boil in salted water until tender. Melt butter, add flour, and stir until well blended, add milk, and bring to boiling point, add salt, pepper and Cayenne. Add egg yolks slightly beaten, and while stirring constantly, and keeping mixture hot but not allowing it to boil, add butter, bit by bit, and lemon juice. Arrange asparagus on platter or toast, and over it pour the sauce.

RICE AND LYONNAISE POTATOES

Add a cupful of boiled rice to Lyonnaise potatoes just before you take them from the fire; they will go farther, and the rice kernels will add a distinctly pleasing flavor.

MACARONI TIMBALES

with oysters are delicious served with the dinner. Line small buttered timbale molds with boiled macaroni cut the proper length, and fill the centers with a combination of chopped oysters, seasoned bread crumbs and white sauce. Serve them with tomato sauce.

ASPARAGUS OMELET

¾ cupful cooked asparagus, 6 eggs, 2 tablespoonfuls flour, 2 tablespoonfuls butter, 1 cupful milk, 1 teaspoonful salt, ¼ teaspoonful pepper, cooked asparagus tips for garnishing. Make a white sauce of the milk, flour, butter and seasoning; add the asparagus cut in inch-lengths; separate the eggs, beat the whites till stiff and the yolks till lemon-colored. Stir the white sauce into the yolks and fold the whole into the whites, allowing flecks of white to float on top. Turn into a warm omelet pan containing two tablespoonfuls of melted butter and cook gently till browned on the bottom. Finish in the oven, turn onto a heated platter, and garnish with asparagus tips.

The basis of a child's diet should be milk—at least a quart a day.

BAKED EGGS WITH PIMIENTO POTATOES

2 cupfuls hot riced potatoes, 3 tablespoonfuls butter, ½ cupful rich milk, 1 teaspoonful salt, 2 sifted canned pimientoes, 6 eggs. Beat together the potatoes, milk, butter, salt and pimientoes till blended. Pile on a buttered, fireproof dish, make six indentations, and into each break an egg. Dust with salt and pepper and dot with butter; bake till the eggs are set.

BAKED POTATOES

One way to vary the monotony of baked potatoes is to cut in half lengthwise, remove the inside, mash, adding butter, salt and pepper, beat to cream, and put back in shell, placing a slice of bacon on the top of each. Place in hot oven until bacon is fried crisp and then serve immediately.

STUFFED TOMATOES

1 tomato, ½ teaspoonful butter, ½ teaspoonful onion (chopped fine), ¼ teaspoonful green pepper, 2 tablespoonfuls cooked rice, 1 teaspoonful bread crumbs. Loosen the skin of tomato over the blaze, then peel. Cut off a slice of top and remove the inside. Sprinkle the inside of the hollowed tomato with salt and turn upside down. Melt butter, add onion and pepper, cook until slightly brown, add rice, cook a minute, mix with pulp of tomato and fill tomato shell. Sprinkle with buttered crumbs. Bake.

CANDIED OR SUGARED SWEET POTATOES

Boil or steam with skins, until tender; pare; place in pan. One cup of water, ½ cupful sugar, 1 tablespoonful butter, a pinch of salt, a little nutmeg; bake half an hour.

SOUTHERN SWEET POTATOES

Boil sweet potatoes until half done. Peel them and put them in a pan, adding 1 cup of water, 1 rounding tablespoonful of sugar, ½ teaspoonful of salt, ⅓ teaspoonful nutmeg. Bake thirty minutes, basting frequently.

Happy the mother, healthy the babe nourished with milk.

Salads

"To make a perfect salad, there must be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a mad-cap to stir the ingredients up and mix them well together."

SUGGESTIONS FOR SALAD

Cut pears in long pieces, slice cucumbers thin, serve with mayonnaise.

Grapes, walnuts and pineapple served with boiled dresing.

Grapes, walnuts and pimiento served with dressing.

Hollow out tomatoes, stand asparagus tips up in them, put spoonful of mayonnaise in each, sprinkle with minced parsley.

Place asparagus tips on individual plates and circle each end with a ring of red or green pepper; place a small ring on top with a spoonful of tiny bottled German onions; serve with dressing.

French Dressing—Take equal parts of olive oil and vinegar; paprika, salt, and a tablespoonful of catsup. Beat well.

NUT AND ASPARAGUS SALAD

6 hard-cooked eggs, 2 tablespoonfuls chopped hickory nut meats, 1 cupful cooked asparagus tips, 1 teaspoonful minced parsley, French dressing, extra nut-meats, parsley and asparagus tips. Shell the eggs and cut in halves lengthwise. Mash the yolks, add the nut-meats, the cupful of asparagus tips, and the parsley, and blend with 4 tablespoonfuls of French dressing that is not very sour. Fill the egg halves with this mixture, arrange on lettuce leaves, and garnish with the extra asparagus tips, parsley and nut-meats. If any of the asparagus mixture is left over, it can be blended with a mayonnaise or a bland boiled dressing and passed with the salad.

Give the children more milk, and watch them grow.

THOUSAND ISLAND SALAD DRESSING

2 tablespoonfuls chili sauce (with liquid drained off), 2 tablespoonfuls very stiff mayonnaise, 1 teaspoonful smallest pickled pearl onions. Season to taste. If desired, a teaspoonful of Roquefort cheese may be added. Served on lettuce hearts.

POINSETTIA SALAD

Place fresh, crisp lettuce leaf on a salad plate. On this a slice of pineapple. Cut the pineapple into small pieces without moving it. Now take a sweet red pepper and cut into strips the shape of a poinsettia petal and place over the pineapple (having 6 petals in all), into the center place a maraschino cherry. This is delicious served with a rich mayonnaise dressing.

COOKED SALAD DRESSING

1 egg (well beaten), 1 piece of butter, size of walnut, ½ teaspoonful sugar, pinch of pepper, 1 teaspoonful of flour, ½ cup of vinegar. Mix well. Put on stove and stir constantly till the mixture thickens. Take off and beat until smooth.

PINEAPPLE AND TOMATO SALAD

Arrange a slice of pineapple and a thick slice of tomato on a crisp lettuce leaf and serve with mayonnaise. This is a salad pleasing to the eye as well as to the "inner man."

For the Chafing Dish

"Give to each guest
Only what he may digest."

LOBSTER GLIDE

Cook 2 tablespoonfuls of butter and the same of flour to a cream in the chafing dish. Add 1 cupful of rich milk, salt, and paprika, and a teaspoonful of lemon juice. Beat with a whisk until foamy, then add 1½ cupfuls of lobster meat coarsely chopped. Cover and cook four minutes. Then stir in half a can of French peas, and as soon as the latter are hot, serve on toast.

TOMATO RAREBIT

2 cups of finely cut cheese, ¾ cup tomato juice, ¾ cup milk, 2 tablespoonfuls butter, pinch of soda, 2 tablespoonfuls flour, 1 teaspoonful mustard, 1 egg. Mix butter and flour, and add milk as you do in making a cream sauce; add hot tomato juice with mustard, salt, pepper and soda, then cheese, and lastly add beaten egg. Serve on small squares of toast.

CREAMED SWEETBREADS

2 pairs sweetbreads, parboiled, blanched and cut into small pieces; 1 pint of cream, 4 tablespoonfuls flour, 2 tablespoonfuls butter, pinch salt, pinch nutmeg, white pepper. Melt the butter, stir in flour until well blended; then the cream. When sauce is smooth and creamy, add sweetbreads and cook for five minutes.

DIGESTIBLE RAREBIT

Make a cream sauce of 1 tablespoonful butter, 1 tablespoonful flour and 1½ cups milk. Season with salt, pepper and dash of cayenne. Add 1 cup grated cheese and stir until melted. A tablespooful of Worcestershire sauce may be added if desired. Pour over hot buttered toast and serve at once.

To grow sturdy sons and fair daughters—a diet of pure milk.

FRESH MUSHROOMS—ENGLISH FASHION

Wash well the mushrooms, season with salt and a little pepper and toss them in butter until done; dish up on square pieces of toasted bread and lay on each two thin slices of broiled bacon. This dish is one of the favorite breakfast dishes in England when the fresh field mushrooms are in season.

HAM AND FRIED BREAD

The following recipe is sufficient for two portions: Fry 2 thick slices of bread (cut off crusts) in 2 tablespoonfuls butter in a saucepan or chafing dish; add 2 heaping tablespoonfuls minced cooked ham and 2 heaping tablespoonfuls grated cheese; a gill of sweet cream. Season well with salt, cayenne pepper. Cook until cheese is melted and the mixture very hot, then pour over toast and serve at once on hot plates. It is delicious.

SARDINE ON TOAST

1 box of boned sardines, 1 tablespoonful finely-chopped onion, the juice of 1 lemon, a small cupful of tomato ketchup, salt and red pepper to taste. Empty sardines (oil and all) into chafing dish, add onion, lemon juice, ketchup and seasoning. Stir gently to mix thoroughly, being careful not to break sardines more than necessary. When very hot serve on toast. This is especially desirable done in the chafing dish.

Your baby's friend—pure milk—a quart a day.

Cakes and Cookies

"Problems of state confront the great,
And love, they say, is bitter sweet;
But the question that perplexes us
Far more than love or politics,
Is how to bake this cake."

MARSHMALLOW CAKE

Whites of 11 eggs beaten to a stiff froth, 1½ cups of sugar, 1 cup and 1 tablespoonful flour; measure the sugar and flour after sifting three times. Beat the eggs in a vessel large enough to make the whole cake in; then add the sugar gently and then the flour, to which 2 teaspoonfuls cream of tartar has been added. Bake in three layers, without greasing the pans, in a moderate oven.

Filling—1 cup of sugar, ½ cup of water, boil until it threads, then add the white of 1 egg well beaten and lastly ¼ pound of marshmallows. Set off and stir until cool; flavor to taste.

PRUNE CAKE

2 eggs, 1 scant cup sugar, 1 cup prunes (seeded and mashed fine), 1 teaspoon cloves, 1 teaspoon cinnamon, 1 scant teaspoon soda dissolved in two teaspoons water. Flour to make a four-layer cake. Bake in four layers for a cake; if for pie put two layers together. Put together with custard or whipped cream.

RICH COOKIES

2 cupfuls butter,1 cupful sugar, 2 egg yolks, rind and juice ½ lemon, 1 teaspoonful baking powder, 1 cupful finely chopped almonds, 5 to 6 cupfuls flour, 1 teaspoonful desired flavoring. Cream together butter and sugar, stir in egg yolks, lemon and almonds, and then stir in two cupfuls of flour mixed with the baking powder. Work in flour to roll, make into thin wafers, sprinkle with sugar, and bake in a moderate oven.

Clean, wholesome milk should be the basis of every child's diet.

CREAM SPONGE CAKE

2 eggs, well beaten, ¾ cup sweet cream, 1 cup sugar, 1½ cups flour, 1½ teaspoons baking powder; flavor to taste.

DATE BARS

1 cupful sugar, 3 eggs, 1 cupful chopped English walnut meats, 1 pound dates, 1 cupful flour, 1 teaspoonful baking powder, few grains salt. Beat egg yolks, combine with sugar, and stir till creamy. Mix together the flour, baking powder and salt; add the nuts and the dates, stoned and quartered; beat the egg whites stiff and add alternately with the flour mixture to the yolks and sugar. Bake in a sheet in a small dripping pan about thirty minutes in a moderate oven. Remove from the pan, cut into bars and roll in powdered sugar, or ice with orange or chocolate frosting and decorate with nut meats and stoned dates.

POTATO DOUGHNUTS

2½ cups flour, 4 level teaspoons baking powder, 2 eggs, 1 cup sugar, ½ teaspoon salt, ½ teaspoon mace, 1 cup cold mashed potatoes, ¾ cup milk or more if needed. Sift together three times the flour, salt and baking powder. Beat eggs and add sugar gradually, still beating work in mashed potatoes, add alternately the milk and flour.

ROCKS

1½ cups sugar, 1 cup butter, 3 eggs, 2¾ cups flour, 1 teaspoon soda in tablespoon warm water, ¾ pound chopped dates, 1½ pounds English walnuts, ½ teaspoon cloves. Drop in teaspoon on buttered tins and bake.

NUT TEA CAKES

1 cupful light brown sugar, ½ cupful butter, ½ cupful sweet milk, 2 egg whites, 1 egg yolk, 2 cupfuls flour, 2 teaspoonfuls baking powder, 1 cupful rolled hickory nuts. Cream together the butter and sugar, add the milk and the egg whites and the yolk well beaten. Stir in the flour, baking powder and hickory nuts well mixed together and drop by teaspoonfuls onto a well-oiled baking sheet, keeping them an inch and a half apart. Bake in a moderate oven.

Fresh, pure milk should be the basis of a child's diet.

Make These with Buttermilk

Houswives famous for their cooking know the secret of making the best pancakes. **They use buttermilk.** Many of them obtained this secret from grandmothers who learned it on the farm. When grandma or her neighbors churned, some of the buttermilk was saved for pancakes.

PANCAKES

1 pint buttermilk, 1 tablespoon of cornmeal, 1 pint flour, 1 tablespoon of butter, melted, 1 teaspoon soda dissolved in hot water, 1 egg beaten separately and white added just before baking. A little salt.

RICE PANCAKES

2 cups of flour, 1 cup of cold boiled rice, 1 cup of buttermilk, 2 eggs, ½ teaspoon soda and a little salt. Dissolve soda in a little water. Fry a nice brown.

SOUTHERN WAFFLES

Beat until light 2 eggs. For a pint of flour add ½ teaspoon of soda, 2 teaspoons baking powder, ½ cup syrup (or 2 tablespoons sugar). Melt a tablespoon butter, add buttermilk to make a stiff batter. Beat hard for a few minutes. Add buttermilk until batter is thin enough to pour.

SWEET POTATO BISCUITS

Take 1 cup mashed sweet potatoes, add 1 tablespoon sugar, add 1 tablespoon butter, cream them well together. Dissolve ½ teaspoon baking soda in 1 cup of buttermilk and stir into the potato mixture. Now add 2 cups of flour sifted, with 1 teaspoon salt and mix. Roll out with a small cutter and bake in hot oven for 15 minutes. This recipe makes 24 biscuits.

Better milk makes better babies. Better babes make better men and women.

BUTTERMILK PIE

1 cup chopped raisins, 1 cup buttermilk, 1 cup sugar, 1 egg, 1 small tablespoon flour, butter size small egg, nutmeg and cinnamon. Put all together on stove and let thicken and put between two crusts to bake.

NUT BREAD

2 cups graham flour, 1 cup flour, 1 teaspoon soda dissolved in hot water, 1 cup molasses, 1 teaspoon salt, 1½ cups buttermilk, 1 egg, 1 pound walnuts chopped and 1½ cups raisins. Bake in bread pans in very moderate oven.

PRUNE CAKE

1 cup sugar, ½ cup buttermilk, ½ cup butter, ½ teaspoon soda, yolks of 3 eggs, 2 cups flour, spices to taste, 1 cup prunes seeded and chopped and added last. Bake in two layers. Use whipped cream for filling or the whites of eggs and sugar for filling and icing.

MUFFINS

1 cup buttermilk, 1 scant teaspoon soda, 1 teaspoon of sugar, ½ teaspoon of salt, 1 egg, 1 teaspoon of melted butter. First mix milk and soda, then add other ingredients and add flour enough to make a thick batter. Last thing before dropping into well-greased muffin tins add 1 teaspoon of baking powder.

GINGERBREAD

3 eggs, 2 cups brown or white sugar, ½ cup butter, 3 cups flour, 1 cup buttermilk, ½ cup syrup, 1 teaspoon soda, ½ teaspoon ginger, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon nutmeg, 1 teaspoon allspice, 1 teaspoon vanilla, 1 teaspoon lemon. Add the stiffly beaten whites of eggs last.

Bread

"The very staff of life,
The comfort of the husband;
The pride of the wife."

ENGLISH MUFFINS

3 cupfuls of new milk, 2 well-beaten eggs, a piece of butter the size of ½ egg, a teaspoonful salt, a cake of compressed yeast. Flour to make stiff batter. Let stand over night and do not stir; bake in gem tins or muffin ring.

KENTUCKY SPOON BREAD.

Beat separately 5 eggs. After salting a cup of white corn meal scald it with boiling water. This will give it the appearance of thick mush. Pour and stir quickly so as to prevent eggs cooking, the beaten yolks into the batter. Stir this well. Add lump of butter. Now pour in the stiffly beaten whites of eggs and pour whole into a well-greased baking pan. Use ½ cup of sweet milk. Make batter thin.

APPLE JOHNNYCAKE

2 cupfuls home-ground cornmeal, 1 cupful flour, 3 sweet apples, 2 teaspoonfuls baking powder, 1 teaspoonful salt, 1½ cupfuls milk. Mix together the dry ingredients, beat in the milk and the apples cored, pared, and thinly sliced. Pour into a well oiled, shallow tin and bake in a moderate oven till the apple is well done, from thirty-five to forty minutes. This should be served very hot with butter, or may be cooled and served crumbled in milk for the children's supper.

ROLLS

Scald 1 pint of new milk and add to it 1 tablespoon of sugar and flour to make quite a stiff batter. When cool add ½ cup yeast or ½ cake dry yeast. Let rise over night and in the morning add ⅓ cup of butter, 1 teaspoon salt and the well-beaten whites of 2 eggs. Mix soft and knead well and let rise; knead again and roll out until about ¾ of an inch in thickness. Cut with biscuit cutter, spread butter on one half and roll the other over it. Let rise again until very light, then bake. Try this once and you will try it again.

BREAD

Take 4 good-sized potatoes; boil and mash very fine; add 1 pint potato water and 1 quart hot milk; stir in flour until you have a stiff batter; when lukewarm, add 1 yeast cake, dissolved in ¼ cup lukewarm water; cover and set in a warm place to rise. When light, add 1 teaspoon sugar, 3 teaspoons salt, 1 tablespoon lard, melted, and flour to make dough; knead well. Let rise and make into loaves. Let rise and bake.

FEDERAL BREAD

2 eggs, 2 tablespoons butter, 2 tablespoons of sugar, 1 teaspoon salt, 1 teacup sweet cream, 1 teacup yeast, enough flour for a soft dough. When light, roll out in layers about ¼ inch thick, putting two layers in each pan. This will make three panfuls. When done, butter between the layers, cut in pie shape, and serve hot.

NUT BREAD

2 cups white flour, 2 cups graham flour, 1 cup chopped nuts, 2 cups milk, ½ cup sugar, 6 teaspoons salt, 4 teaspoons baking powder. Let stand thirty minutes in a pan. Bake forty minutes.

CORN ROLLS

1¼ cups flour, ¾ cup meal, 1 teaspoon baking powder, ½ teaspoon salt, 1 tablespoon sugar, 2 tablespons butter or one of lard, ½ cup sweet milk. Sift dry ingredients together and chop shortening into them. Beat egg and add to milk, mix all together to make a soft dough, cut with biscuit cutter and fold over with butter between. Brush top with milk and bake almost fifteen minutes.

The basis of a child's diet should be milk—at least a quart a day.

Puddings for all Occasions

"The proof of the pudding lies in the eating."

APPLE SNOW PUDDING

2 cupfuls of strained apples, 3 teaspoonfuls of baking powder, 2 tablespoonfuls of butter, 1½ cupfuls of flour, ½ teaspoonful of salt. Put strained apples in a pudding dish, mix dry ingredients together, rub in the butter, add milk to make a drop batter. Pour over the apples on pudding dish, place on steamer, cook forty-five minutes. Serve at once with sweetened cream.

COTTAGE PUDDING

½ cupful of butter, 1 cupful of sugar, ½ cupful of milk, 2 eggs, 2 cupfuls of flour, 2 teaspoonfuls of baking powder, ½ teaspoonful of salt. Cream the butter, add sugar gradually and the egg well beaten without separating. Flour and baking powder alternately with the cupful of milk. Turn in buttered cake pan; bake half an hour. Serve with vanilla sauce.

RICE PUDDING

½ cupful of rice, 1 quart of milk, a little salt, boil until tender, then add ½ package gelatine dissolved in ½ cupful of water five minutes, sweeten to taste, flavor milk with vanilla. Set in a cool place, when about to get firm, add ½ pint cream whipped. Put in mold and place in cold place. Serve with berries or whipped cream.

APPLE PUDDING

Fill a buttered baking dish half full of sliced apples and pour over them a batter made of 1 tablespoonful of butter, ½ cupful of sugar, ½ cupful of milk, 1 cupful of flour, 1 teaspoonful of baking powder. Bake in a moderate oven until brown. Serve with cream and sugar.

Happy the mother, healthy the babe nourished with milk.

STEAMED CUP CUSTARDS

Boil 1 quart of fresh milk and cool. Beat the yolks of 12 eggs until lemon-colored. Add 1 quart thin cream or rich milk, and last the scalded milk. Season with a pinch of salt, 1 cupful of sugar, 1 teaspoonful vanilla and steam in custard cups. When cups are filled grate nutmeg over the top. These are delcious, and serve to use up the yolks left from an angel cake.

BAVARIAN CREAM

Pick over 2 quarts of strawberries, squeeze through a colander, add 2 teacupfuls sugar. When sugar is dissolved add three tablespoonfuls of gelatine previously soaked in ½ cupful of tepid water, stir in smooth, and when beginning to set, stir in 1 pint of whipped cream, form into molds, and serve with whole strawberries around it.

MAUVE PUDDING

1¼ tablespoonfuls gelatine, ½ cupful boiling water, 1 tablespoonful lemon juice, 1 tablespoonful orange juice, 1 cupful grape juice, 1 cupful granulated sugar, 2 egg whites, ¾ cupful heavy cream. Let gelatine stand in a little cold water till soft. Dissolve in the boiling water, add sugar and fruit juices, and let stand till beginning to set. Then beat with an egg-beater till frothy. Whisk in the egg whites beaten stiff, and beat till almost firm. Then fold in the cream whipped. Pile in sherbet glasses, decorate with candied violets, and serve plain or with custard sauce.

MARSHMALLOW CREAM

½ pint sweet cream, whip and sweeten slightly, ½ pound of marshmallows cut fine with the scissors, ½ pound of English walnuts. Beat all together and set away in a cold place.

Give the children more milk, and watch them grow.

CHILLED PEACH CUSTARD

A pint of rich milk, the yolks of 3 eggs, ½ cupful of sugar and a little salt, flavoring to taste. Cook in a double boiler until it begins to thicken. When cool, pour over halves of the peaches and chill. Place in a glass and top with whipped cream. Decorate with any kind of seasonable fruit. Care must be taken not to cook custard too long or it will be "grainy."

DRESSING FOR STEAMED PUDDING

1 cupful of brown sugar, ½ cupful of butter, 1 pint of boiling water, 1 tablespoonful of corn starch. Let the above cook until clear and flavor with vanilla.

WINE SAUCE

Cream together 1 cupful of powdered sugar and ½ cupful of butter. Whip 1 cupful of sweet cream and beat into the butter and sugar. Put the whole in a double boiler over the fire and beat until it is smooth and foaming, then add 1½ wineglassfuls of sherry. Serve at once.

RUM SAUCE

To be served with vanilla only. Beat the yolks of 3 eggs, add 6 tablespoonfuls of powdered sugar, 1 pint of double cream whipped, ¼ cupful of Jamaica rum, ½ cupful of sherry, dash of nutmeg.

HARD FRUIT SAUCE

¼ cupful butter, 1 cupful powdered sugar, 2 tablespoonfuls cream, 1 cupful crushed fruit. Cream the butter and work in the sugar and cream alternately. To this base add a cupful of canned or fresh strawberries, raspberries, blackberries, peaches or apricots, crushed till very soft. These should be worked in gradually.

DATE PUDDING

1 cup chopped walnuts (coarse), 1 cup dates, chopped, 1 cup sugar, 2 eggs, 1 tablespoon of flour, 1 teaspoon of baking powder. Stir dates and walnuts together. Stir sugar with eggs, lightly. Sift flour and baking powder. Stir all together and bake one hour. When taken out of oven it will be all puffed up, but will soon fall. Serve in sherbet cups with whipped cream.

A quart of milk a day will keep the doctor away.

More Desserts

"An' 't please your Honor," quote the Peasant,
"This same dessert is very pleasant."

MARSHMALLOW WHIP

½ pint of cream, whipped, sweeten to taste. Add 1 dozen marshmallows, quartered, ½ cup English walnuts, chopped fine, 6 maraschino cherries, chopped fine. Flavor with vanilla.

CHILLED CHOCOLATE

Use 4 cups of milk, add chocolate and a little sugar as for cocoa. Cool; beat a pint of whipping cream and 4 eggs together stiff as possible. Beat this with Dover egg-beater into chocolate mixture. Set on ice till ready to serve; put in glases with whipped cream on top. Will serve seven glasses.

ORANGE SHERBET

Juice of 1 dozen oranges, ½ dozen lemons, 4 cups sugar, 2 quarts water; freeze. Just before it is frozen stiff, add whites of 2 well-beaten eggs.

PEACH SHERBET

3 cups sugar, 6 cups water; boil to a syrup, about 20 minutes. Add ¾ cup lemon juice, white of 1 egg, as many peaches mashed as desired; freeze.

MARSHMALLOW ICE CREAM

Cut ½ pound marshmallows; roll very fine 1 dozen macaroons, first drying them in oven. Dissolve this in 1 pint cream. Dissolve 2 tablespoons gelatine in 3 tablespoons of milk, stirring it over the fire. Add this to first mixture and when ready to freeze beat in 3 pints of cream and flavor with vanilla. Stir in nuts when partly frozen.

Candy

"Sweets to the sweet."

DIVINITY

2 cups granulated sugar, ½ cup syrup, ½ cup boiling water. Boil together until it forms a thread or soft ball in cold water, then pour it very slowly into the stiffly beaten white of one egg, beat constantly and add ½ cup of nuts. When almost hard, drop on buttered paper.

FUDGE

2 cups sugar, ½ cup sweet milk, butter size of large walnut, flavor with vanilla, grate chocolate in and cook until it makes a soft ball when dropped in water. Stir until hard.

COCOANUT FUDGE

2½ cups brown sugar, 1 cup milk, 2 spoons vanilla, butter size of walnut, 1 cup cocoanut. Mix the sugar and milk, bring to a boil, test in cold water and just before taking off the stove put the butter and vanilla in and after taking off the fire drop the cocoanut in and beat. Pour in buttered pan.

CRACKER JACK

1 cup brown sugar, ⅔ cup molases, ⅓ cup butter, ½ cup water, ¼ teaspoon cream tartar or 1 tablespoon vinegar. Boil until it strings. Mix well with 10 cups of popped corn, put on board until cold.

PEANUT CANDY

1 cup white sugar, 1 cup chopped peanuts. Put sugar into a smoking hot frying pan, stir until it dissolves, add nuts and turn into a buttered dish at once.

Your baby's friend—pure milk—a quart a day.

STUFFED DATES

Remove the date stones and fold an English walnut meat in its place. Dip the whole in melted fondant and roll in powdered sugar.

EXCELLENT PENOCHE

2 cups of brown or maple sugar, 1 cup white sugar, 1 cup milk, 1 small tablespoon butter. Boil until syrup hardens when dropped in cold water. Remove from fire and beat. When nearly cold stir in ½ cup of finely chopped nut meats. Turn into a buttered pan before it gets too cold to spread evenly. When cold enough make into squares. Have nut meats ready before starting to cook syrup.

SOUR CREAM FUDGE

½ cup granulated sugar, browned, 1 cup sour cream, 2 cups sugar, 1 cup nuts. Cook until it balls, add nuts when taken from fire. Beat until begins to thicken, pour out on buttered plate.

CHILLING FUDGE

Candy makers will be glad to know that "grainess" in fudge can be avoided if the right method is followed **after removing from the heat.** It is commonly believed that the important point in the making of good fudge is a knowledge of when to take it from the fire. The after process is fully as necessary to good results. If the mixture is removed from the heat and beaten until ready to pour, or is allowed to stand a time before beating, it is certain to have a grainy texture. But if the pan is placed immediately in cold water and the candy stirred with a silver spoon, instead of being beaten, it will assume a velvety creaminess that is hard to secure otherwise, for the contact of the heat of the cooking vessel with the cold of the water arrests crystalliaztion.

Proper Food for Young Children

Simple bills of fare, helpful recipes, and practical directions for the preparation of foods for children between three and six years of age, are contained in a bulletin issued by the U. S. Department of Agriculture. The bulletin was written by Caroline L. Hunt.

A QUART OF MILK A DAY

The basis of a child's diet should be clean whole milk —at least a quart a day. Such milk, in addition to water, contains about half a cupful of the very best food substances—butterfat, milk, sugar, lime and other materials needed by the child to make muscles, bones and teeth. In addition, milk contains a substance thought to promote growth by helping the body make good use of other foods.

The child should drink the milk with the chill taken off, or should consume his full quart a day with cereals and in milk toast, cocoa, milk soups and stews, in cereal puddings, egg-and-milk puddings, custards, junkets or simple ice cream. Milk stews may be made with vegetables or fish, or to vary the diet these things can be combined with cream sauce and served on milk toast. The bulletin therefore gives a large number of recipes, a few of which we reproduce, for the preparation of various milk dishes which will help children consume the requisite amount of milk without growing tired of this valuable food.

There is more than an ounce of fat (at least 2½ level tablespoonfuls) in a quart of whole milk. If the healthy child is given a quart of milk, has butter on its bread, and meat or an egg once a day, he gets enough fat and that which he receives is in wholesome form. It is well, therefore, not to give such fatty foods as pastry, fried meats and vegetables, and doughnuts or rich cakes, for in

Fresh, pure milk should be the basis of a child's diet.

these the fats are not in so good a form for children, as experience has shown. If the child is constipated the occasional use of cream or salad oil is desirable, for fat in abundance is laxative.

MILK SOUPS

Milk-vegetable soups are made from cooked vegetables, chopped or strained, which in this form may be given to even the youngest children, and milk slightly thickened. The vegetable may be asparagus, peas, beans, celery, potatoes, turnips, spinach, cress, cauliflower, or almost any other.

GENERAL RECIPE FOR MILK-VEGETABLE SOUPS

2 cupfuls milk, 1 tablespoon flour, 1 tablespoon butter, salt, ⅔ cupful of a thoroughly cooked vegetable, finely chopped, mashed, or put through a sieve. Thicken the milk with the flour as for milk gravy, and add the other ingredients. If too thick, thin it with milk.

RICE PUDDING

1 quart milk, ⅓ cupful rice, ⅓ cupful sugar, ½ teaspoon salt, ⅛ teaspoon ground nutmeg, or cinnamon, or the grated rind of ¼ lemon. Wash the rice thoroughly, mix the ingredients and bake three hours or more in a very slow oven.

CEREAL-MILK PUDDING

A pudding made of any coarse cereal and milk, sweetened and poured over stewed prunes or other cooked fruits, is especially recommended.

JUNKET

2 cupfuls milk, ¼ cupful sugar, 1 junket tablet, ⅛ teaspoon salt. Flavor with nutmeg or cinnamon. Warm the milk to about the temperature of the body, crush the tablet, and add it with the other ingredients to the milk. Pour into one large or several small dishes and place in a warm (not hot) place to harden. Cool before serving.

Better milk makes better babies. Better babes make better men and women.

BOILED CUSTARD

3 egg yolks, 2 cupfuls milk, ¼ cupful sugar or honey, ⅛ teaspoon salt, flavoring. Heat milk in double boiler. Thoroughly mix the eggs and sugar and pour the milk over them. Return the mixture to double boiler and heat until it thickens, stirring constantly. Cool and flavor. This custard may be served in place of cream on many kinds of desserts.

TAPIOCA CUSTARD

Tapioca custards may be made as follows: Add to the list of ingredients ¼ cupful of pearl tapioca after soaking in water for an hour. Drain it and cook in the milk until transparent. Proceed as for boiled custard.

BAKED CUSTARDS

In making allow 1 egg and 2 level teaspoonfuls of sugar and a few grains of salt and nutmeg for each cupful of milk. Beat eggs slightly and add other ingredients. Bake in cups set in a pan of water in a moderate oven.

CAFR
TX
715
.K56748
1916

Sandwiches

"The turnpike road to people's hearts, I find,
Lies through their mouths or I mistake mankind."

OLIVE SANDWICHES

3 dozen ripe olives, chopped, 2 cups walnut meats, chopped, 2 hard boiled eggs, mashed fine. Mix well and add mayonnaise dressing enough to make a paste that will spread easily. Use sandwich bread.

PIMENTO SANDWICHES

1 can pimentos, chopped fine, 1 cup grated cheese, ½ teaspoonful salt. Mix thoroughly and spread on thin slices buttered bread.

SARDINE PASTE

6 Sapco sardines, minced, ½ cup of chopped olives, 2 minced hard boiled eggs, ½ cup chopped nuts, 1 tablespoon chopped sour pickles and 1 cup of mayonnaise.

SANDWICH FILLINGS

2 cups cottage cheese, 1 small can of chopped S. Y. green chili, 1 tablespoon of chopped ripe olives and 1 tablespoon of chopped sour pickles. Mix well together.

1 pound of cottage cheese and 1 small can of pimentos run through the grinder make delightful sandwiches. After grinding moisten with the juice of the pimentos. This makes 12 large sandwiches.

Take the left-overs of any kind of meat and 1 hard boiled egg and treat the same as above, and moisten with a dressing of 1 teaspoon each of butter, vinegar and a dash of salt, mustard and cayenne pepper, also makes nice sandwiches.

SAVORY SANDWICHES

White bread, chopped green peppers with mayonnaise.

Rye bread, Swiss cheese and chives.

White bread, stuffed olives chopped. Mix with boiled dressing.

DATE SANDWICHES

½ cup dates, stoned, mashed and cut in small pieces, ½ cup walnuts, chopped, ½ cup cream or dressing.

#6-7-47

To Serve Fifty People

Coffee—1½ lbs.—makes 3 gallons. 2¼ gallons for black coffee, after-dinner cups.

Chocolate—1 lb.—makes 2 gallons (25 to 30 cups to a gallon.)

When both tea and coffee are served—Tea, 1 gallon; coffee, 1½ gallons. Loaf sugar for same, 2 lbs.

Whipped cream—2 qts. (each quart yielding 25 spoonfuls).

Lemonade or fruit punch—2½ gallons.

Frappe or sherbet—2 to 3 gallons.

Bouillon—Hot, 2½ gallons; jellied, 2¼ gallons.

Ice cream—2½ gallons.

Ices—1½ gallons to serve in sherbet glasses.

Cakes, loaf or layer—2 to 4.

Wafers—5 boxes.

Bonbons—3½ lbs.

Salted nuts—3 to 4 lbs. (½ lb. blanched almonds makes 24 dessert spoons, which is equal to 2¼ lbs.).

Berries—7 to 10 qts. Sugar for same, 2 lbs.

Raw oysters—200 (4 to each person).

Large oysters in coquilles—7½ qts.

Ham—1 small, or ½ large one.

Chicken or turkey—Dressed but uncooked, 25 lbs.

Salad—1⅔ gallons.

Chicken salad—7 lbs. (to 1 qt. salad, 4 lbs. chicken).

Lobster salad—2 lobsters to 1 qt. of salad.

Potato chips—4 lbs.

Olives—To 1 qt. bottle from 200 to 210 olives.

Rolls—6 doz. Butter for same, 1 lb.

Sandwiches—3 to 6 loaves (1 sandwich loaf cuts 24 slices).

Butter—2 lbs. for 6 loaves bread. (Each loaf requires 1 cup of butter and paste; of other filling, 1 pt.)

Meat for croquettes—3 qts.

Mixture for timbales or patties—2 qts.

Fruit jelly—5 qts.

Moulded spice or other jelly—7 qts. (To 1 qt., 6 or 8 portions.)

The basis of a child's diet should be milk—at least a quart a day.

Do's and Dont's for the Gas Range

Never black the gas range, and never use kerosene or a salted fat when cleaning it. If the range has been neglected and is in very bad condition, place all the removable parts, including burners, in a pan of hot water with plenty of washing soda. Scrub each part with a brush until clean, dry it thoroughly, then rub with an oiled cloth. Go over the entire range with this same oiled cloth, unless finished in japan, when a dustless duster would be better. Any of the unsalted cooking fats or the floor oil-polishes are excellent.

A few moments' attention two or three times a week will keep a gas range in spic and span condition. It may be taken apart in a few moments. Begin with the grate; lift off both sections and wipe with an oiled cloth. Scrape any particles off and scrub with a stiff brush if necessary. Next, remove the burners; if solid, brush with a stiff brush; if made in two parts, clean the jets in the top section. A brush will clean these jets nicely. Slide out the drip tray and wash clean. Never cover this with newspaper; the latter may save cleaning labor, but it may also catch fire. Clean the space beneath the burners with the oiled cloth, and at the same time wipe off the top and framework of the stove.

Next, remove the broiling pan, grid, and wire racks from both ovens, wash and wipe dry. The oven bottom plate should be lifted and cleaned occasionally. Wipe out every corner and crack of the oven carefully with the oiled cloth. The oil will keep it from rusting and act also as an excellent cleansing agent. If finished with aluminum this will not be necessary until the finish has worn through. For any stubborn dirt apply oil liberally to soften it, then remove with hot water and washing soda. But remember to use no water on a gas range unless absolutely necessary; then use as little as possible, dry it quickly, and finish with an oiling to prevent rusting.

Happy the mother, healthy the babe nourished with milk.

Household Suggestions

TO REMOVE STAINS.

Tea or Coffee—Boiling water over the stain.

Chocolate—Sprinkle with powdered borax and soak well in cold water. Add boiling water.

Fruit—Dip into Javelle Water and rinse thoroughly, or treat like tea stains.

Ink—Soak two or three hours in coal oil, remove and wash in strong soap suds, or rub with lemon juice and salt.

Milk—Wash quickly in cold water.

Scorch—Hang in sun and try soap solution.

Grease—Wash in alcohol, kerosene or molasses and rub well.

Paint—Rub with benzine or turpentine.

Blood—Soak in cold water until stains turn brown, then wash in warm water and soap.

Mildew—Rub lemon juice upon the spots and place in the sunshine. Salt may also be used.

Iron Rust—Spread carefully over bowl in which you have placed one-half teaspoon of water. Drop by drop apply oxalic acid until the stain lightens; then dip directly in water. Repeat if necessary. It is often wise to add ammonia to rinsing water, or apply lemon juice and table salt and hold over teakettle spout.

Hot milk is even better than boiling water for removing stains.

Lard will soften and remove automobile grease, and can be washed out afterwards.

Perspiration stains can be rubbed with a mixture of soap, lye and ammonia or with a thick lather of white soap and hung out in strong sun to dry. Afterward rinsing in clear water.

Give the children more milk, and watch them grow.

Pointers

To restore aluminum ware, which has become black, to its original beauty, apply vigorously with a flannel cloth ashes moistened with kereosene.

Milk heated to boiling point is of great value as a stimulant in cases of extreme fatigue, mental or bodily. It supplies real strength as well as exhiliaration.

When beating whites of eggs for frosting, etc., add one teaspoonful, to each egg, of cold water. This makes it beat up stiff, and adds to the quantity as well. A meringue for pies or puddings made in this way retains its stiffness and is much more satisfactory.

A HOME REMEDY FOR BURNS

No housekeeper should be without a bottle of olive oil and lime-water for burns. A preparation should always be in readiness in case of emergency. Add lime-water to oil until a creamy emulsion is formed, and bottle, always shaking well before applying. The effect of this upon burns is wonderful in its healing and soothing powers, and it is equally efficacious for sunburn.

A CLEANING HINT

In cleaning clothes with gasoline the ring left around the part cleaned can be removed by steaming it over the teakettle.

A GOOD USE FOR ALCOHOL

Keep a bottle of alcohol in the dining room closet and if fruit juice of any kind is accidentally spilled on the tablecloth gently rub the spot with a clean cloth saturated with alcohol. The spot vanishes almost instantly. It is best to do this while the spot is still wet. This method may be used while the cloth is on the table, for the alcohol evaporates at once, leaving the cloth as fresh as when first laundered. Be sure to protect the polished surface of the table from the alcohol.

A quart of milk a day will keep the doctor away.

FOR COOKING OF FRUIT CAKE

To prevent burning of fruit cake place the batter in the cake-tin, greasing and papering in the usual way, then place cake-pan in a roaster with the lid on. Put in oven and bake the usual number of hours. It will not burn and cooks more evenly.

CLEANING ZINC

Rub with a flannel cloth moistened with a little kerosene or use Scourine or Dutch Cleanser to take off the spots. Then polish with a mixture of vinegar and alum.

CLEANING STEEL KNIVES AND FORKS

Scour with powdered bath-brick, using a cork dipped in oil or water, and then into the powdered bath-brick. Steel knives that are to be packed away for some time ought to be very carefully dried before putting away.

DON'T SCORCH YOUR MILK

Before putting on milk to boil always rinse out the pan with water. This will prevent the milk from burning.

AMMONIA FOR SHOES

A few drops of ammonia, put into the water that is used for dampening the sponge, when applying cleaner to white shoes, leaves them beautifully clean, and takes out any kind of a stain.

The white of a raw egg turned over a burn or scald is soothing and cooling. If quickly applied, it will prevent inflammation, besides relieving the stinging pain.

Before putting eggs in hot fat to fry, stir in a spoonful of flour; and then the fat will not spatter, as the flour absorbs any moisture.

AN INGENIOUS FEEDING DISH

If you have puppies or other small animals to feed, get one of the round cake tins with a tube in the center. Drive a pointed stick through the tube into the ground and you will have a feeding dish that will not tip over.

TO PRESERVE EGGS

To one part water glass add ten parts water well boiled. Boil the water and let get cold before mixing. Put eggs in stone jar and pour mixture over to cover them at least one inch. This will thicken and become milky looking.

VEGETABLE MEDICINE

Turnips, onions, cabbage, cauliflower, watercress and horseradish contain sulphur.

Potatoes, salts of potash.

French beans and lentils give iron.

Asparagus benefits kidneys.

Lettuce for tired nerves.

Celery for rheumatism and neuralgia.

Tomatoes stimulate the healthy action of the liver.

Spinach contains salts of potassium and iron. Specialists rate this as one of the most precious vegetables.

Beets and turnips purify the blood.

Carrots form good blood and purify the skin.

TO STONE CHERRIES

A good way to stone cherries is to use a common steel writing pen, turning the point into a new penholder, thus making a little scoop so that it fits the stone and removes it without bruising the fruit.

FOR MENDING BROKEN CHINA

For mending broken dishes or china of any kind, use white paint as you would glue. Let the china stand for three or four days after the paint is applied. The dishes after that period may be washed in hot water and used daily without the least danger of coming apart.

TO KEEP CATSUP FROM MOLDING

Just before sealing bottles of catsup or chili sauce place a few whole cloves on top to keep it from molding.

Your baby's friend—pure milk—a quart a day.

THE BISHOP PRESS
Kansas City